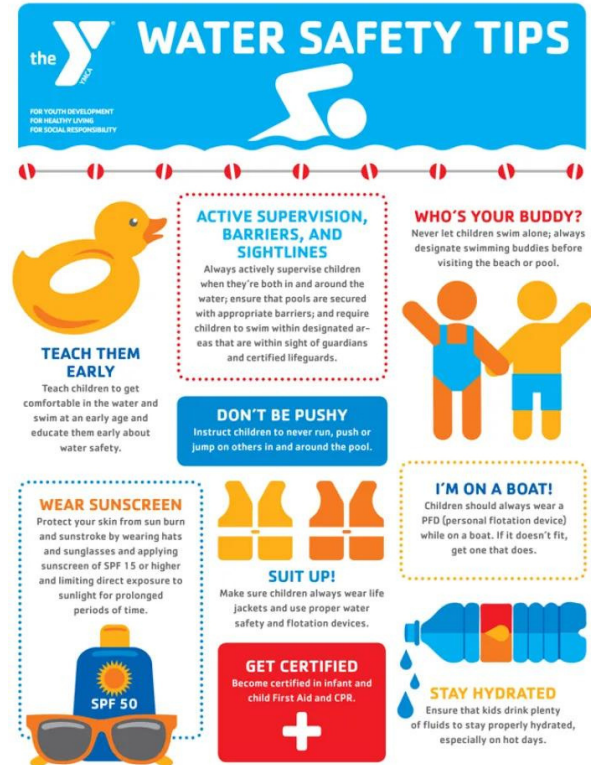


# PARENT EMPOWERMENT IN GLENDALE

MAY 2022

## Top Tips for Swimming Safety

- 1. Watch kids when they are in or around water.** Keep young children and weak swimmers within arm's reach of an adult. Make sure more experienced swimmers are with a partner every time.
- 2. Choose a Water Watcher.** When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.
- 3. Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- 4. Make sure kids learn these five water survival skills.**
  - Step or jump into water over their head and return to the surface.
  - Turn around in the water and orient to safety.
  - Float or tread water.
  - Combine breathing with forward movement in the water.
  - Exit the water.
- 5. Teach children that swimming in open water is different from swimming in a pool.** Be aware of situations that are unique to open water, such as limited visibility, depth, uneven surfaces, currents and undertow. These potential hazards can make swimming in open water more challenging than swimming in a pool.
- 6. Learn CPR and basic water rescue skills.** It is important to know how to respond in an emergency without putting yourself at risk of drowning. Learning these skills may help you save a life.



<https://www.safekids.org/poolsafety>  
[http://www.watersafetymagazine.com/ymca-water-safety-tips-infographic/?utm\\_content=buffer45546&utm\\_medium=social&utm\\_source=pinterest.com&utm\\_campaign=buffer](http://www.watersafetymagazine.com/ymca-water-safety-tips-infographic/?utm_content=buffer45546&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer)

## A Mindful Minute - Scavenger Hunt



IT CAN BE DIFFICULT TO FIND THINGS YOU ARE GRATEFUL. HERE IS A GUIDED SCAVENGER HUNT TO HELP YOU FIND THE "LITTLE THINGS" THAT YOU ARE GRATEFUL FOR. YOU CAN CREATE A POSTER, BOX, TAKE PICTURES, ETC. OF THE THINGS YOU CHOOSE DURING THE SCAVENGER HUNT. YOU CAN USE IT AS A REMINDER OF WHAT YOU ARE GRATEFUL FOR DURING TIMES OF STRESS WHEN IT CAN BE DIFFICULT. YOU CAN PRINT OUT ONE OR BOTH OF THE GRATITUDE SCAVENGER HUNTS BELOW.

### Gratitude Scavenger Hunt

Find...

- |   |  |
|---|--|
| <input type="checkbox"/> Something in the morning that brings you joy | <input type="checkbox"/> Something that makes you feel safe and secure   |
| <input type="checkbox"/> Something that you think smells good         | <input type="checkbox"/> Your favorite place to hangout                  |
| <input type="checkbox"/> Your favorite tale that makes you feel happy | <input type="checkbox"/> A gift for someone special to make them smile   |
| <input type="checkbox"/> Something that you enjoy drawing             | <input type="checkbox"/> Your favorite toy you have had for a long time  |
| <input type="checkbox"/> Something that makes your parent laugh       | <input type="checkbox"/> An object in nature you appreciate              |
| <input type="checkbox"/> A sound that calms you down                  | <input type="checkbox"/> Something that is helpful in your daily life    |
| <input type="checkbox"/> Someone who gives the warm hugs              | <input type="checkbox"/> Something you love doing with your whole family |
| <input type="checkbox"/> Something or someone that makes you smile    | <input type="checkbox"/> An object that reminds you of your best friend  |
| <input type="checkbox"/> A picture of someone you love                | <input type="checkbox"/> One thing you love doing before going to sleep  |

The Five Minute Journal for Kids

int@genchange.com

# Patriotic Punch

## Ingredients

32 oz. bottle White Cherry Powerade

32 oz. bottle Mixed Berry Powerade Zero

32 oz. Minute Maid Fruit Punch Ice

\*\*\*Optional: Patriotic Fun Straws



## Instructions

1. Fill a glass to the top with ice. You may use any size glass you like.
2. First, slowly pour the fruit punch into the glass going about 1/3 of the way up. Pour to the side of the ice so the ice stays free of color.
3. Next, very slowly pour the white cherry Powerade into the glass going about another 1/3 of the way up.
4. Last, very slowly pour the mixed berry Powerade into the glass to the top.
5. \*\*\*Optional: Carefully put a straw into your glass and serve immediately.

## Agency Appreciation



Southwest Human Development is Arizona's largest nonprofit organization dedicated to early childhood development. The first five years of life are the most important in a child's development, and they offer over 40 programs to support young children and their caregivers. We appreciate them for guiding us in finding the best resources for our families at GESD.

602-266-5976 | | <https://www.swhd.org> or  
<https://www.swhd.org/programs/>

## SELS/Counselor Spotlight

Hello! My name is Zulema Miranda, I am the SELS at Discovery Elementary. I have been with the district for 3 years and have loved every minute of it. I take pride in being able to connect with students and build those relationships that help them feel safe and cared for at school. Having emotional intelligence and being able to teach kids that it's ok to express feelings in healthy ways is a skill that will help them now and in their adult lives. My education along with personal experience of being a parent have given me the tools to better understand how a student's emotional needs can impact their learning. On a personal note, I am an Arizona native and have lived here my entire life. I graduated from ASU with a Bachelors of Science in Psychology and Biology. Go Sun Devils! I am a mom to an awesome daughter and in our free time we enjoy watching movies, shopping, and playing with makeup. I hope to continue to learn and grow in my position as SELS and continue to foster those amazing relationships with students, staff and community.



MAY 2ND THROUGH MAY 6TH  
IS TEACHER APPRECIATION  
WEEK!

MAY 11TH  
GESD FOOD DISTRIBUTION  
LOCATION: DISTRICT OFFICE  
9:00AM UNTIL GONE  
\*ID REQUIRED

MAY 25TH  
GESD FOOD DISTRIBUTION  
LOCATION: DISTRICT OFFICE  
9:00AM UNTIL GONE  
\*ID REQUIRED

LIVE AT MURPHY PARK  
ALL MAY  
THURSDAY THRU SUNDAY  
FROM  
7:00PM TO 9:00PM



Dear \_\_\_\_\_,

I loved having you as my teacher this year!

I think you are \_\_\_\_\_.

You made our classroom feel \_\_\_\_\_.

My favorite project was \_\_\_\_\_.

My favorite memory is \_\_\_\_\_.

The biggest thing you helped me learn was \_\_\_\_\_.

You are the coolest teacher ever because \_\_\_\_\_.

\_\_\_\_\_.

for a really wonderful school year!

# FREE KIDS COUPONS



This coupon is good for:

**30 minutes of extra screen time**



This coupon is good for:

**No chores for a day**



This coupon is good for:

**Dinner of your choice**



This coupon is good for:

**30 minutes of staying up late**



This coupon is good for:

**30 minutes of alone time with mom or dad**



This coupon is good for:

**Hot lunch at school (or other fun lunch)**



This coupon is good for:

**Movie night (you pick!)**



This coupon is good for:

**Game night**





# SCAVENGER HUNT



LOOK FOR SOMETHING IN NATURE THAT...

- MAKES YOU SMILE
- IS YOUR FAVORITE COLOR
- WOULD MAKE A FRIEND HAPPY
- MAKES A PRETTY SOUND
- YOU ARE THANKFUL FOR
- IS FUN TO PLAY WITH
- SMELLS LOVELY
- IS INTERESTING TO LOOK AT
- FEELS SOFT TO TOUCH
- IS FUN TO CLIMB ON
- YOU WOULD LIKE TO DRAW A PICTURE OF
- CAN BE USED TO BUILD WITH
- IS FUN TO WATCH MOVE AROUND
- IS BEAUTIFUL
- YOU COULD USE TO MAKE A HEART SHAPE
- IS THE PERFECT RESTING SPOT



# Gratitude Scavenger Hunt



*Find...*

- Something in the morning that brings you joy
- Something that makes you feel safe and secure
- Something that you think smells good
- Your favorite place to hangout
- Your favorite tale that makes you feel happy
- A gift for someone special to make them smile
- Something that you enjoy drawing
- Your favorite toy you have had for a long time
- Something that makes your parent laugh
- An object in nature you appreciate
- A sound that calms you down
- Something that is helpful in your daily life
- Someone who gives the warm hugs
- Something you love doing with your whole family
- Something or someone that makes you smile
- An object that reminds you of your best friend
- A picture of someone you love
- One thing you love doing before going to sleep